



Carer Support
Wiltshire

TIME FOR CARERS APPEAL

Supporting Wiltshire's Communities

Since the start of the Covid-19 crisis, many of us have experienced feelings of loneliness or isolation. But for unpaid carers across Wiltshire, these feelings are very much the norm.

70% of carers are providing more care than before the Covid-19 crisis.*

40% of carers haven't taken a single day off from their caring responsibilities in over a year.**

8 out of 10 carers struggle with loneliness and isolation.*

The effect of not getting a rest from caring is shattering, with carers describing being close to breaking point, desperate for some time to themselves. Regular breaks have been proven to make the biggest impact when it comes to combatting loneliness.

**Carers UK; State of Caring Survey; 2017

*Carers UK; Caring Behind Closed Doors; 2020

Give carers the gift of time, support **The Time for Carers Appeal today:**



£10 could help a young adult carer (aged 16-25) to pay for transport to access college, our support groups, or to see friends and family.



£30 could mean that an older male carer can attend a cookery class to learn vital cookery skills and meet others in similar situations.



£50 could enable a carer who also suffers with health problems of their own can get reflexology to reduce pain and anxiety.



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#TIMEFORCARERS



Make a difference to carers like in your communities. Help us fund much needed breaks for unpaid carers to do the things they enjoy. We would also love to hear from individuals, businesses and groups who would like to hold an event or run a fundraising challenge in aid of Time for Carers.

Funds will be spent from April 2021 - March 2022.

Veronica's Story

Veronica Acton, Salisbury was one of the carers who benefitted from last year's appeal. Veronica cared for her husband Pete, who had liver failure and other complex health conditions, and who sadly passed away in August 2019. **Time for Carers** funding paid for an Amazon Echo device, which enabled her to monitor him via the camera and her phone, and allowed him to call her hands free if he needed her.

'The Echo allowed me to get into the garden sometimes for an hour if Pete was asleep. Gardening was - and still is - a big help in keeping myself going and shutting bad things out of my head.'



DONATE TODAY

www.justgiving.com/campaign/time-for-carers
www.carersupportwiltshire.co.uk/timeforcarers



Carer Support
Wiltshire



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